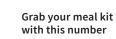


Sesame Honey Popcorn Prawn Stir-Fry with Rapid Rice & Asian Veggies

FEEL-GOOD TAKEAWAY

CLIMATE SUPERSTAR











Fresh Chilli



Peeled Prawns

(Optional)







Sesame Seeds







Prep in: 15-25 mins Ready in: 25-35 mins



Put down that phone and throw out the takeaway menu because you won't be needing them anymore! Let's take juicy prawns and toss them in a honey-oyster sauce mix then sprinkle sesame seeds all over for a taste of nostalgia. A side of super-speedy rice is perfect to soak up the extra sauce.

Pantry items Olive Oil, Honey

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan

Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
jasmine rice	1 medium packet	1 large packet	
carrot	1	2	
fresh chilli 🥖 (optional)	1	2	
peeled prawns	1 packet	2 packets	
cornflour	1 packet	2 packets	
honey*	2 tbs	⅓ cup	
oyster sauce	1 large packet	2 large packets	
sesame seeds	1 medium sachet	1 large sachet	
Asian stir-fry mix	1 medium packet	1 large packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1683kJ (402Cal)	344kJ (82Cal)
Protein (g)	19.8g	4g
Fat, total (g)	4.4g	0.9g
- saturated (g)	1.3g	0.3g
Carbohydrate (g)	63.9g	13.1g
- sugars (g)	27.1g	5.5g
Sodium (mg)	2478mg	507mg
Dietary Fibre (g)	9.3g	1.9g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the rice

- · Boil the kettle.
- Half-fill a medium saucepan with boiling water. Add jasmine rice and a pinch of salt and cook, uncovered, over high heat until tender, 12-14 minutes.
- Drain, rinse with warm water and set aside.

TIP: The rice will finish cooking in its own steam, so don't peek!



Cook the prawns

- Return frying pan to medium-high heat with a generous drizzle of olive oil.
- Shake off excess flour from prawns, then cook prawns, tossing, until pink and starting to curl up, 3-4 minutes.
- Return veggies to the pan, then add sesame sauce mixture and cook, tossing, until combined, 1 minute. Remove from heat.



Get prepped

- While the rice is cooking, thinly slice the **carrot** into rounds.
- Thinly slice chilli (if using).
- Pat peeled prawns dry with paper towel. In a medium bowl, combine cornflour and a pinch of salt. Add prawns, tossing to coat.
- In a small bowl, combine the honey, oyster sauce, half the sesame seeds and a splash of water. Set aside.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook
 Asian stir-fry mix and carrot, tossing, until tender, 5-6 minutes. Transfer to
 a bowl.



Serve up

- · Divide rice between bowls.
- Top with sesame honey popcorn prawns and veggies.
- Sprinkle over remaining sesame seeds and garnish with chilli to serve. Enjoy!



if necessary.

